

Medicine for the People by the People

No Fear Just FREE!

Saturday, July 14, 2012

A DAY OF FREE HEALTH CARE FOR THE COMMUNITY

All Welcome!

Schedule of Events

9–10 AM Opening Ceremony/Laying Down Medicine

10 AM–6 PM Activities and treatments, including:

- Chair Massage ➤ Acupuncture ➤ Reiki ➤ Kinesiology ➤ Traditional Healers/Curanderas ➤ Yoga/Meditation
- Wellness Checks ➤ Health Info (Therapeutic Options, Cancer Screening Recommendations, Preventive Health)
- Speakers (Justice, Empowerment, Health Policy, etc.) ➤ Healthy Snacks & food from the Food-as-Medicine kitchen

Workshops

Enrique Cardiel, M.A., Public Health Educator

11am–12pm “Politics and Health” | **2–3pm** “Health as a Human Right”

Speaker series starting at 12pm

Dick Mason and Barbara Webber, Health Action New Mexico,
“Health Care Reform after the Supreme Court Ruling”

Bruce Trigg, MD, President of PNHP, “Single-Payer National Health Care”
& “Narcotics Addiction in NM”

Dora Wang, MD, reading from her book *The Kitchen Shrink*

Yoga Instruction with Katja Lauterstein of *High Desert Yoga*

10:30–11am | **12–12:30pm**

Yoga therapy with local Yoga master Aparna Levine

3–3:30pm Upper body | **3:45–4:15pm** Breath therapy

4:30–5pm Yoga therapy for lower back and hips | **5:30–6pm** Meditation



To be held at: **Endorphin Power Company** 509 Cardenas St. SE, Albuquerque

Mission We hope to empower each other with awareness about health justice and our inherent right to heal and be cared for during times of illness and transition. This event is intended to be part of a movement to change the model of health care provided in our community. We will be serving those who live in fear of limited or no access to health care, as well as those who have had no success with the health care provided to them. We will make available knowledge and exposure to many forms of health care available within our community. By providing exposure and education to many paths of wellness, we wish to freely share what we believe is innately human: a right to heal! We believe that all seekers of wellness, mind, body, and spirit may find empowerment and freedom. —(un)Occupy Albuquerque



FOR MORE INFO: <http://unoccupyabq.org> or <https://www.facebook.com/events/322650147811006/>